



# KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 10th August - Sunday 16th August 2026

Sessions can be booked in person, or in advance online at [www.activecentres.org](http://www.activecentres.org) or by calling 0300 333 0300

|                | 06.00                      | 07.00                      | 08.00 | 09.00         | 10.00                      | 11.00                               | 12.00                   | 13.00                      | 14.00                      | 15.00                      | 16.00                   | 17.00  | 18.00                      | 19.00         | 20.00                   | 21.00                               | 22.00                   |           |                         |
|----------------|----------------------------|----------------------------|-------|---------------|----------------------------|-------------------------------------|-------------------------|----------------------------|----------------------------|----------------------------|-------------------------|--|----------------------------|---------------|-------------------------|-------------------------------------|-------------------------|-----------|-------------------------|
| MONDAY 10th    | 6<br>5<br>4<br>3<br>2<br>1 | SWIMSTARS INTENSIVE        |       |               | LANE SWIMMING              |                                     | MAPLES                  | AQUAFIT                    | LANE SWIMMING (55 mins)    | HOLIDAY CAMP               | FAMILY SWIM             | SWIMSTARS SWIMMING LESSONS                   |                            |               | LANE SWIMMING           |                                     | FREE DIVE               |           |                         |
|                | S<br>P                     | SWIMSTARS LESSONS          |       |               | FAMILY SWIM                |                                     | SWIMSTARS               | FAMILY SWIM                | FAMILY SWIM                | SWIMSTARS SWIMMING LESSONS |                         |  |                            |               |                         |                                     |                         |           |                         |
| TUESDAY 11th   | 6<br>5<br>4<br>3<br>2<br>1 | SWIMSTARS INTENSIVE        |       | LANE SWIMMING |                            | SWIMSTARS SWIMMING LESSONS (ADULTS) | 60+ SWIMMING            | FAMILY SWIM                | LANE SWIMMING (55 mins)    | HOLIDAY CAMP               | FAMILY SWIM             | STAFF TRAINING                               | SWIMSTARS SWIMMING LESSONS |               | LANE SWIMMING (55 mins) | SWIMSTARS SWIMMING LESSONS (ADULTS) | LANE SWIMMING (55 mins) |           |                         |
|                | S<br>P                     | SWIMSTARS SWIMMING LESSONS |       |               | FAMILY SWIM                |                                     | FAMILY SWIM             | FAMILY SWIM                | SWIMSTARS SWIMMING LESSONS |                            |                         |  |                            |               |                         |                                     |                         |           |                         |
| WEDNESDAY 12th | 6<br>5<br>4<br>3<br>2<br>1 | SWIMSTARS INTENSIVE        |       | LANE SWIMMING |                            | FAMILY SWIM                         | AQUAFIT                 | LANE SWIMMING (55 mins)    | HOLIDAY CAMP               | FAMILY SWIM                | FAMILY SWIM             | SWIMSTARS SWIMMING LESSONS                   |                            | CLOSED        | LANE SWIMMING           |                                     |                         |           |                         |
|                | S<br>P                     | SWIMSTARS SWIMMING LESSONS |       |               | FAMILY SWIM                |                                     | FAMILY SWIM             | FAMILY SWIM                | SWIMSTARS SWIMMING LESSONS |                            | FAMILY SWIM             |  |                            |               |                         |                                     |                         |           |                         |
| THURSDAY 13th  | 6<br>5<br>4<br>3<br>2<br>1 | SWIMSTARS INTENSIVE        |       | LANE SWIMMING |                            | FAMILY SWIM                         | 60+ HALF AND HALF LANES | FAMILY SWIM                | LANE SWIMMING (55 mins)    | HOLIDAY CAMP               | DIVING SESSION (Age 8+) | FAMILY SWIM                                  | SWIMSTARS SWIMMING LESSONS | CLOSED        | LANE SWIMMING           |                                     | TRI CLUB                | SWIMSTARS | LANE SWIMMING (55 mins) |
|                | S<br>P                     | SWIMSTARS SWIMMING LESSONS |       |               | FAMILY SWIM                |                                     | FAMILY SWIM             | SWIMSTARS SWIMMING LESSONS |                            |                            |                         |  |                            |               |                         |                                     |                         |           |                         |
| FRIDAY 14th    | 6<br>5<br>4<br>3<br>2<br>1 | SWIMSTARS INTENSIVE        |       |               | LANE SWIMMING              |                                     | FAMILY SWIM             | AQUAFIT                    | LANE SWIMMING (55 mins)    | FAMILY SWIM                | FAMILY SWIM             | SWIMSTARS SWIMMING LESSONS                   |                            | LANE SWIMMING |                         |                                     |                         |           |                         |
|                | S<br>P                     | SWIMSTARS LESSONS          |       |               | FAMILY SWIM                |                                     | SWIMSTARS               | SWIMSTARS                  | FAMILY SWIM                | SWIMSTARS SWIMMING LESSONS |                         |  |                            |               |                         |                                     |                         |           |                         |
| SATURDAY 15th  | 6<br>5<br>4<br>3<br>2<br>1 | SWIMSTARS SWIMMING LESSONS |       |               | SWIMSTARS SWIMMING LESSONS |                                     | ROOKIES                 | FAMILY SWIM                | LANE SWIMMING (55 mins)    | PARTIES                    | PARTIES                 | AUTISM/DISABILITY SWIM PRE-BOOKING REQUIRED* |                            |               |                         |                                     |                         |           |                         |
|                | S<br>P                     | SWIMSTARS SWIMMING LESSONS |       |               | FAMILY SWIM                |                                     | FAMILY SWIM             | FAMILY SWIM                | PARTIES                    | PARTIES                    | AUTISM SWIM/PARTIES     |  |                            |               |                         |                                     |                         |           |                         |
| SUNDAY 16th    | 6<br>5<br>4<br>3<br>2<br>1 | LANE SWIMMING              |       | FAMILY SWIM   | FAMILY SWIM                | FAMILY SWIM                         | DIVING SESSION (Age 8+) | SWIMSTARS SWIMMING LESSONS |                            |                            | LANE SWIMMING           |  |                            |               |                         |                                     |                         |           |                         |
|                | S<br>P                     | FAMILY SWIM                |       | FAMILY SWIM   | FAMILY SWIM                | FAMILY SWIM                         | FAMILY SWIM             | FAMILY SWIM                | SWIMSTARS FAMILY SWIM      | SWIMSTARS LESSONS          |                         | FAMILY SWIM                                  | FAMILY SWIM                |               |                         |                                     |                         |           |                         |

## KEY

S = SMALL POOL  
P = POOL

\* PRE-BOOKING IS REQUIRED FOR SESSIONS MARKED \*. SCHOOLS SOMETIMES USE THIS POOL SPACE, ON OTHER OCCASSIONS IT WILL BE OPENED FOR PUBLIC LANE SWIMMING.  
LANES: Sessions run for 55 minutes (as stated above) or longer. Longer lane sessions also offer flexible arrival times, with last check-in 50-minutes before the session ends.

SESSIONS CASUAL SWIM MEDICAL OR DISABILITY SWIM SCHOOLS CLUBS SWIMSTARS SWIMMING LESSONS PARTIES